

GARSCUBE HARRIERS CLUB
JUNIOR SECTION – TEMPORARY MEMBERSHIP FORM
<http://www.garscubeharriers.org.uk/>

Please complete this information before your child first trains with Garscube Harriers Club. It is needed for any emergency, and to tell you about Club activities.

Your child may train with Garscube Harriers for up to three consecutive weeks. To continue training after that, he or she must formally join the Club, and pay the membership fee. This is £40/year, reducing pro-rata on a quarterly basis during the membership year from 1st May to 30th April. For details of this and of household membership, and to pay the membership fee see <http://bit.ly/Xpod5s>.

Junior member contact details:

Name: _____

Date of birth: _____

Parent or guardian (should be contactable in an emergency)

Name: _____

Mobile: _____

Second contact (if the above cannot be reached in an emergency)

Name: _____

Mobile: _____

Junior member medical information:

Please detail below any information that may affect your child's ability to train or may be needed in an emergency (e.g.: asthma, whether should carry an inhaler, diabetes, any allergy to medication, any disability.)

I agree that:

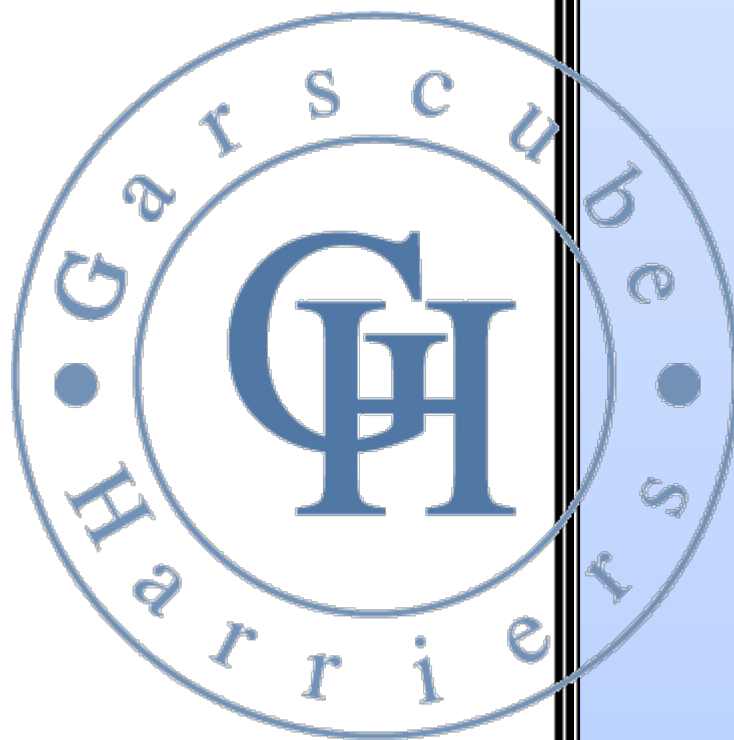
- These personal details and any amendments advised by me may be held on a database by the Club; and
- Photographs of my child participating in Club activities may be used for training and promotional purposes, and that these may be displayed on the club website.

Signature of Parent / Guardian: _____

Date of first training session: _____

Parent / guardian email for information on Club activities: _____

Junior Information Pack



Welcome to Garscube Harriers.

Garscube Harriers is a Clubmark accredited club, which competes regularly in a variety of events. We expect all of our members (at all levels) to also compete at appropriate events to enhance their athletic experience and performance. Taking pride in being forward thinking and catering for a wide range of ability and age groups, Garscube is now moving forward by increasing the range of events and sessions offered; these range from road running, cross-country, track - run, jump and throw.

Currently, Garscube has a rising membership rate where most of our athletes consider athletics to be a main focus. Thus, we feel all of our athletes need and deserve support to enable them to reach their full potential. To achieve this we have “Ability Packs”, which help to convey our young athletes needs more closely.

Particularly for the younger athletes, our main aim upon joining is to allow them to experience a range of athletic events; leading on to eventually specialising in an event of their enjoyment. During this process they will be educated in the range of disciplines and how they can achieve the best out of the training sessions provided.

Garscube Harriers cannot take responsibility for your child unless you hand him or her over to one of our coaches. Please remember our coaches are all volunteers and have their own families to go home to at night so please do make every effort to collect your child promptly at the end of each training session.

<u>Junior Training Sessions</u>	
Tuesday	6.15pm (prompt) to 7.15pm

Coaches & Volunteers

It is important to emphasise that all of our officials, coaches etc. are volunteers and give up a lot of time to give young athletes an opportunity to develop their athletic skills. Therefore as our membership is continually growing we are always in need of more help. It is not just about “giving up your time”, you will also get a lot out of it too. There are a variety of roles which you can volunteer for within the club; however volunteers are not restricted to one role, they can be changed or be rotated on a rota system. The various volunteer vacancies include:

- Coach
- Assistant Coach
- Officiating
- Coaching Helpers
- Events volunteers
- First Aider
- Admin
- Registration
- Finance
- Child Protection
- Media/Website upkeep

Some specific roles that currently need filling include, although this will change:

Membership Co-ordinator

- Maintain an up to date database of all junior section members, including email address database for use in communicating to members, and personal best (PB) times.
- Provide pack lists for registration of athletes at training sessions.
- Communicate current status to committee

Coach Coordinator

- Keep a record of coaches and qualifications
- Keep coaches informed about education courses
- Coordinate applications for courses
- Keep the committee informed about coaching resources - e.g. how many, what disciplines, based where, gaps etc.

- Liaise with Welfare Officer to ensure all coaches have up-to-date licence and PVG clearance
- Identify coach development needs
- Represent the views of coaches at general committee meetings

First Aiders

- Ensuring coaches/Volunteers have up-to-date certificates
- Attend first aid courses as necessary to update their qualification
- Provide first aid cover on a rota basis for training sessions and competitions

Sign In Registrars

- Sign in athletes on arrival of training
- Remind any athletes who owe subscriptions

Race Co-Ordinator (Parent Volunteer)

- Specifically - Club organised events
- Identify a support team and ensure all necessary tasks are undertaken:
 - Arrange race prizes/mementos
 - Ensure co-ordination and communication on the day of the race
 - Organise marshals/time keepers
 - Course measured and markers set out
 - Race entry forms and stationary available
 - Ensure all risk assessments are up to date
 - Arrange registration of competitors before the race
 - Assistance with collecting information in for newspaper reports and newsletters

*All volunteers need to go through PVG Disclosure checks; this is arranged by the club's Welfare Officer.

Coaching

If your interest is in coaching:

Coaching Helper

All of our coaches would appreciate some help out on the track and road.

We can have up to 100 youngsters to get organised. Once in their groups it is useful to have a coaching helper working along with each coach to ensure the session runs smoothly and all youngsters are engaged in the training.

In the specialist squads, coaches may need someone to time, measure, record, retrieve and any number of other things.

Have you considered how the athletes get to events? Well, Garscube Harriers sometimes provide transport. Could you help out and travel on a bus? Help take the register and make sure athletes make the start line on time?

Detailed Advice

The following advice is aimed to help all young athletes get the best out of each training session and above all enjoy the experience!

Junior Payment

Under 18's on 1 st May	£40, reducing pro rata through the year.
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All registration and payments should be completed online. For more information regarding registration and payment please visit: <<https://paysubsonline.com/ThirdpartyRegistration.aspx?clubID=09f8d38f8257c0eac2d9c1a95f549663>>

*Please note: There will be a late payment charge of £10 added to existing junior members who pay after 30th June.

Clothing

Winter (October - April)

- ✓ Trousers of a suitable nature:
 - Tracksuits
 - Leggings
 - Training trousers
 - Shorts
 - ¾ leggings
- ✓ Something REFLECTIVE/HIGH VIS/ LIGHT T-SHIRT:
 - Yellow
- ✓ Lightweight rain jacket/hat/gloves
- ✓ Appropriate footwear / running shoes
- ✓ Lightweight tops x 2
(one should be long sleeved)

Summer (May - September)

- ✓ Shorts
- ✓ T-shirt (it is still advisable to bring an extra top to wear after training)

Depending on the session additional clothing may be left at Garscube



Young athletes should listen carefully to coaches

No chewing gum

Bring water to each session

No fizzy juice

Prior to training eat something easily digestible (Preferably at least 2 hours prior to training)

Do not attend training if unwell

Bring inhalers/medicines to training if necessary

Do not attend if muscles are sore or if injured

Ensure all young athletes arrive promptly